

# Ergonomic Principles

## 1 Who Should Attend . . .

This workshop is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and workers' compensation costs.
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work.
- ▶ Business owners who want to learn about compliance with Michigan Occupational Safety and Health Administration (MIOSHA).

## 2 MIOSHA Training Institute

MIOSHA Consultation, Education and Training (CET) Division and Macomb Community College (MCC) have developed the MIOSHA Training Institute (MTI) through a formal alliance. The MIOSHA Training Institute introduced a new certification program, effective October 1, 2007. This course is an MTI Level 1 course. The certification program offers participants an opportunity to be recognized for their educational efforts and increased technical expertise. Courses will be offered throughout the state in sponsorship with other M-TEC<sup>SM</sup> facilities, community colleges, and safety and health organizations. To learn more about the certification program, log-on to the CET Division website. [www.michigan.gov/mti](http://www.michigan.gov/mti)

## 3 What You'll Learn . . .

This program gives direction to employers who want to establish an ergonomic program in the manufacturing environment. Using the NIOSH Ergonomic Primer as a guide, participants will be able to look for signs of cumulative trauma, develop in-house expertise, gather evidence of ergonomic problems, identify controls, and implement a proactive ergonomic program. Examples of successful ergonomic innovations in the manufacturing sector are presented. Problem jobs are also discussed and corrective recommendations are reviewed. Focus is on the implementation of engineering controls, including material handling, hand tools, and workstations. Using job safety analysis as an ergonomic tool to identify the tasks and subtasks of a job is emphasized. Ergonomic awards offered by the MIOSHA program will be explained.

### Agenda

*We offer a flexible  
program agenda  
to emphasize the  
safety and health  
topics you  
want most.*

- ▶ Looking For Signs of Ergonomic Problems.
- ▶ Developing Ergonomic Solutions.
- ▶ Implementing an Ergonomic Management System.
- ▶ Review of NIOSH Primer.
- ▶ Ergonomic Job Safety Analysis.
- ▶ MIOSHA Ergonomic Awards.

All meetings are accessible and barrier free. Please contact the cosponsor or CET Division, at least two weeks in advance, to request necessary accommodations.

# Facilitator

Kristin Osterkamp was appointed to MIOSHA's Consultation Education and Training Division in September 2006 and provides service to the SE counties of Michigan for industrial hygiene issues. Kristin has over 12 years of experience as an Industrial Hygienist and safety professional working for MIOSHA CET, Delphi, Michigan Consolidated Gas Company (Michcon) and MIOSHA enforcement. Prior to joining MIOSHA's CET Division, she worked for Delphi as a Division Industrial Hygienist, with global responsibilities for 25 sites and as a Site Safety Supervisor for Delphi's Engineering Center in Troy, MI. While employed at Delphi she had the opportunity to provide technical industrial hygiene assistance, develop training programs, conduct audits, and develop written programs for sites located in the United States, Mexico, Europe, and Brazil.

Kristin is a CIH, CSP and has a Masters degree in Occupational Health from the University of Michigan and a B.S. degree in Chemistry from Elmhurst College in Illinois.



**Kristin Osterkamp**  
*Industrial Hygienist,  
MIOSHA, CET Division*

## Program Details

DATE:	March 26, 2008	TIME:	Check-in - 8:30 a.m. Program - 9:00 a.m. to 12:30 p.m.
LOCATION:	Macomb Community College - M-TEC <sup>SM</sup> 7900 Tank Avenue, Room 138 (Van Dyke and 11½ Mile) Warren, Michigan 48092	DEADLINE:	Register by March 19, 2008 Please register early!
COST:	\$60 per person. Includes course materials. Certification/Maintenance Points Available	CONTACT:	Debb Ross - 586.498.4116 or rossd@macomb.edu

**COSPONSOR: Macomb Community College - M-TEC<sup>SM</sup>**

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

## How to Register

Complete information at right  
to register by . . .

- ▶ **Phone:** 586.498.4116
- ▶ **Fax:** 586.498.4101
- ▶ **Online:** [www.trainingmatrix.com/macomb](http://www.trainingmatrix.com/macomb)
- ▶ **Mail:** Macomb Community College-M-TEC  
7900 Tank Avenue  
Warren, MI 48092  
Attn: Debb Ross

**Provide Names of Additional Attendees**

_____	_____
_____	_____

Name:	_____
Company Name:	_____
Address:	_____
City:	_____ State: _____ Zip: _____
Phone:	_____ Fax: _____
Email:	_____
Birth Date:	_____ (Needed for Registration)
Number Attending:	_____ @ \$60 = \$ _____
Print Credit Card Holder's Name:	_____
Credit Card #	_____ Exp. Date: _____
VISA <input type="checkbox"/> MC <input type="checkbox"/>	Signature: _____

## Ergonomic Principles

The Department of Labor & Economic Growth will not discriminate against any individual or group because of race, sex, religion, age, national origin, color, marital status, disability, or political beliefs. If you need assistance with reading, writing, hearing, etc., under the Americans with Disabilities Act, you may make your need known to this agency at least two weeks in advance.